



ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

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In this issue...

Jenkins award
... page 3

Placement Plan
... page 4

The River
... pages 6-10

Softball Tourney
... page 11

Attitude barrier
... page 12

Historical button
... page 13

Sore muscles
... page 14

The River

The Rivers Project Office

Providing services that contribute to the growth, development and prosperity of the Midwest and the nation has been a hallmark of the St. Louis District since 1837. As with all enduring organizations that withstand the test of time, the Corps of Engineers must embrace change to meet the evolving needs of those we serve. Our services must be relevant to the needs of our community, our customers and our partners.

Today, our nation asks more of us. The Rivers Project Office recognizes that, along with economic stability and growth, the environment directly impacts the quality of life enjoyed by those living in our service area. In the absence of a healthy environment, it is doubtful that any true quality of life can exist.

The great rivers that flow through our District connect the Heartland with the nation and the world. The Mississippi River Basin is home to many treasures - natural resources capable of enhancing economic growth, prosperity and our quality of life. To preserve and protect these resources for present and future generations we must cooperate with nature, intelligently blending economic and environmental concerns to achieve development that is sustainable.

To maximize our effectiveness, we have become an organization that listens to our customers and strives to forge meaningful partnerships that combine public and private resources to achieve measurable, sustainable results.

As proud servants of the people of the Midwest, the staff of the Rivers

Project Office pledges itself to efficiency, relevance, sustainable development and an improved quality of life for the people of the Upper Mississippi River Basin.

John F. Marzec,
Rivers Project Manager

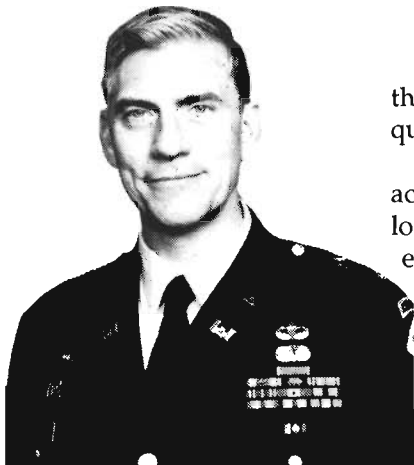
(More articles on
The River are on
pages 6 through 10.)



A tow moves upstream through Pool 24.



Commander's Perspective



COL Thomas C. Suermann

As we begin Fiscal Year 1996, I would like to share with you some thoughts on practical matters which impact the District and ask you some qualitative as well as philosophical questions.

I have seen, this past fiscal year, far too many Reports of Survey and accident reports. This is disturbing for many reasons. You and your fellow employees are the most valuable resources this organization has. Every time you have an accident it seriously impairs our effectiveness and responsiveness and, in some cases, significantly affects your personal lives. Material items can usually be repaired quickly, but human bodies take longer to heal and often require several forms of medical care which are expensive and very long term. Accidents can have profound psychological as well as physiological effects that may never be completely healed and which can impair your sense of independence, sense of judgement and mobility. If you miss work, your fellow employees, who are depending upon you, must assume an additional work burden and can be distracted from their own mission accomplishments because of their concern for your health and welfare. Please approach this new year with a strong resolve to be more situationally aware, on the job and at home, of potential safety hazards, road hazards and acts of carelessness.

We can also do a much better job of eliminating vehicle damages in the District. Vehicle accidents cost this District more than \$15,000 this year alone. This is money that could have been used to accomplish our mission more efficiently, but had to be diverted from an already constrained budget. Think twice before you endanger yourself and a Corps vehicle this year. Drive defensively in 1996.

As you examine some of your work habits, analyze your paradigm or mental framework of how you look at our organization and your work relationship. As we grow smaller, we will have to change the way we do business. Are you planning for tomorrow's successes using yesterday's processes? Do you still think that promotion is based on past performance, without any manifestation of leadership behavior? Do you trust your fellow employees, but not your supervisors? Do you communicate effectively or just assume that everyone knows you and your expectations? Do you expect to be empowered, but do not have a clear sense of direction? Not everyone wants to be empowered. Do you accept this and adjust your measures of success accordingly, or do you plan on "charging ahead" and hope that others will change in FY96? I'll be waiting for your answers in the coming weeks.



**US Army Corps
of Engineers**
St. Louis District

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News Briefs

Carlyle Lake:

Storyteller

On Saturday, Sept. 2, storyteller Linda Haake presented the last of the Carlyle Lake Arts and Ecology Series programs for the summer. Linda, a teacher and professional storyteller, shared stories ranging from how turtles got their shells to why hippos stay in the water.

Trail of Horrors

On Friday and Saturday, Oct. 20-21, Little Prairie Nature Trail, located near the West Spillway, will be transformed into a trail of horrors by the Corps and Carlyle Lake Fireworks Committee. The trail will have all kinds of spooks and will definitely keep a hiker on his toes.

Support for resort

Illinois Lt. Governor, Bob Kustra, stated in an Economic Round Table meeting at the Carlyle Lake Visitor Center, that he and Gov. Jim Edgar support construction of lodging facilities at the lake and would be partners in expediting a Carlyle Lake resort.

Rend Lake:

State Fair

Park Rangers from Carlyle and Shelbyville Lakes helped Rend Lake personnel staff a booth at the DuQuoin State Fair August 25 through September 4. Total attendance at the fair was 364,105.

Lake cleanup

A steady light rain didn't seem to dampen the spirits of the nearly 300 volunteers who participated in the 9th Annual Rend Lake Cleanup held on Saturday, September 16.

Many of the children who volunteered seemed to delight in "playing" in the first rain the area had seen in 27 days. The event teaches participants about recycling and increases their environmental awareness, while improving the view around the lake.

Camp upgrade

Work was recently completed to upgrade a number of campsites at Rend Lake's South Sandusky Recreation Area. Eight campsites were equipped with full-hookups, individual water and sewer hookups and upgraded electrical outlets. Concrete "patios" were added to another 12 sites at the campground to help accommodate the needs of visitors with camper awnings. Those who enjoy a more "primitive" camping experience will appreciate the recent rehabilitation of three shoreline campsites in the walk-in tent area.

Jenkins Conservationist of the Year

Rend Lake Project Manager Phil Jenkins was recently selected as the Professional Conservationist of the Year by the Illinois Wildlife Federation. Phil was presented the award on September 9 at the annual meeting of the organization in Springfield, Illinois.

The Federation honored Mr. Jenkins for his ongoing commitment to conservation at Rend Lake, which has included the restoration of a number of wetland areas around the lake and sponsoring the annual Rend Lake Deer Hunt for the Disabled.

Lake Shelbyville:

Indian festival

The Okaw Indian Festival was held in the Dam East Recreation Area on August 19. One thousand three hundred and fifty-two people came out in the sweltering heat to enjoy and learn about activities of the Native Americans who once lived along the Kaskaskia River.

Activities included Atlatl (spear) throwing, flint knapping, Indian games, storytelling and more. Two demonstrations were put on by the Kahok Dancers. A historic teepee and a bark hut were on display.

This event was sponsored by the Kaskaskia Archaeological Society in cooperation with the Corps of Engineers.

Fee collection

Day Use Fee collection at the lake totalled \$50,739 at the end of August. Annual pass sales totaled \$22,543 and self-registration vaults totaled \$27,984. A total of \$13,909 was collected at the beaches and \$14,074 was collected at the boat ramps.

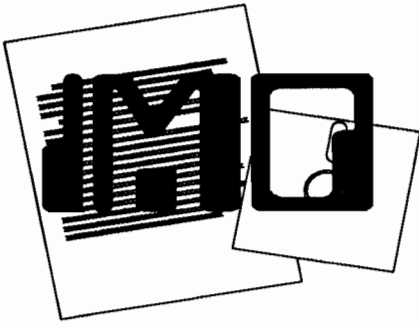
Rivers Project:

Big Rivers Day

The Missouri Big Rivers Day Celebration, sponsored by the Missouri Department of Conservation and co-hosted by the Corps of Engineers, was held in Clarksville, Missouri, on August 19 and 20. Governor Mel Carnahan proclaimed August 1995 as Big Rivers Month in Missouri, so the event was held to celebrate with communities along the river.

The Clarksville event was organized and held in conjunction with an event in Louisiana, Missouri,

(Continued on next page)



Editor's note: This is a reprint of a portion of an article that appeared in the April '95 ESPRIT. It serves as a refresher on what is available on the internet.

You have at your fingertips the ability to talk in "real-time" with someone in Japan, send a 2,000-word short story to a group of people, see if a Macintosh sitting in a lab in Canada is turned on, and find out if someone happens to be sitting in front of their computer (logged on) in Australia, all inside of thirty minutes.

Internet mail has been flowing through our network connections for more than two years and several popular Internet communications programs are available via the standard network menu system.

Gopher, Telnet and FTP are popular Internet protocols that have been implemented locally and are available for District use. To access any of these programs

choose the communications submenu from the main network menu.

GOPHER: the Internet communications protocol developed at the University of Minnesota allows access to data stored on Gopher servers across the Internet. Gopher is available on the communications submenu.

Telnet: a protocol that provides virtual terminal services for a wide variety of remote systems. This protocol lets users at one location access other sites as if they were actually there. Choose the Lan Workplace TCP/IP option from the communications submenu to access Telnet.

FTP: File Transfer Protocol uses Telnet and TCP protocols to provide file-transfer services across multiple FTP-supported servers. The File Transfer Protocol program is also available on the Lan Workplace TCP/IP submenu.

Using FTP and Telnet entails knowing the remote computer site address, the excepted commands and the format of the information to be retrieved. This situation was improved during the late 1980s by the introduction of services such as "gopher." Gopher allowed menu driven access to information on servers in the form of indexes and pages of text.

The World Wide Web, WWW, is the latest information service to

emerge on the Internet that makes text and multimedia documents incredibly straightforward for the first time. WWW pages are accessed via Web servers. Web pages may contain links to movie files or sound files, so that when selected, a movie or sound file is transmitted to the client and then played via a viewer.

A common Web browser is the program called Mosaic. Mosaic has been adopted by USACE as a Corps standard software application and is being distributed for use with the USACE Information Network. The version of Mosaic being distributed is intended to be used with Windows and is a WIN32 application.

The Information Management Office has developed a Windows based network environment that contains all the features and applications available in the DOS based menu system that has been used at the District Office since 1990. The Mosaic software can be executed from the Lestat Standard Menu, communications icon group. If you are currently using the DOS based network environment, are an experienced Windows user and feel you will benefit from converting to the network Windows environment, call the customer support center at 331-8700 and we will help you get started.

River Day (cont.)

just ten miles away. The Missouri DOC, U.S. Fish and Wildlife Service, Missouri Department of Natural Resources and the Corps of Engineers set up displays and offered demonstrations and tours to explain historical and current life and activities along the Mississippi River.

About 800 people took tours and excursions on the Pathfinder and/or tours of Lock and Dam 24, helping them to understand the Corps role in managing the Mississippi River for navigational and environmental stewardship. In spite of high temperatures, the crowds were large and all reported they had a good time.

Plans are being made for a similar event next year.

New Promotion and Placement Plan

The St. Louis District Corps of Engineers has a new Merit Promotion and Placement Plan, effective August 27, 1995. In keeping with the National Performance Review (NPR), the revised plan simplifies



Stop! Don't throw those used shipping boxes away. We presently have about 300 boxes we can reissue at no charge (first come, first served basis). These boxes were collected after the last moves.

For the past 1 1/2 years the price of shipping boxes has gone up 65 percent. These increases are largely attributable to a worldwide increase in demand for packaging material. This means higher prices and, regrettably, frequent instances of shipping boxes going in backorder status. So, call the LM warehouse at 263-4226 and we will have used boxes picked up for reissue.

For the last nine months we have been reconciling the property book. Because of several retirements in the last two years, new people have been appointed as hand receipt holders (HRH). We were informed by some that they never received formal training and some HRH need a refresher. We will be conducting mandatory training for HRH on October 3, 1995, at 1000 hours in room 10.211 (10th floor) with a make-up session on October 11 at 1000 in the same room. A session for surveying officer will be conducted on October 11 at 1330 hours in the same room. LTC Jones will be giving opening remarks at the training. HRH should have received a message from Gerri Shanklin, Property Book Officer. If not, contact her at 331-8776.

Travel/Transportation

As most of you know, LM-T provides travel and airline tickets for the District. What you may not know is that we also provide freight movement of cargo and charter services for buses, fixed wing aircraft and helicopter services. Call Lori Weber for more

details at 331-8025.

Vehicle management

The FY95 PRIP vehicle order has been placed through GSA. Vehicles ordered should be arriving in the spring of 1996.

Corps official parking spaces are 124 through 126, 128 through 145 and 298 through 313. Do not park in any space not assigned to the Corps. Any tickets issued by the Federal Police is the responsibility of the driver. If no space is available, park the vehicle in a commercial lot and advise the dispatcher of the location. Parking fees are reimbursable.

Facilities

The major move for FY95 is now complete. Because of changes in system furniture, please turn in all spare keys to LM-T. If you need keys, please provide the lock number to Cindy Morales at 8030.

In FY96, we will again take a look and do a space utilization survey of all space in the RAY Building. We know you will be happy to see us.

Placement Plan (cont.)

merit promotion procedures without sacrificing merit principles or Equal Employment Opportunity. In addition to the NPR, "sunset" of the Federal Personnel Manual (FPM) and other recent changes in federal civilian personnel management guidance made the revision necessary.

Some of the major changes include: (1) Transmitting vacancy announcements electronically versus the high cost of printing announcements and distributing hard copies to all employees. (2) Official Personnel Files will no longer be used to rate for basic qualification. Ap-

plicants will use the new Optional Form 612, Optional Application for Federal Employment; SF-171, Application for Federal Employment; or a resume as their basic application for positions. Supplemental forms will be used to document KSAs and determine the best qualified candidates. (3) Department of Army simplified rating and ranking procedures will be used when 10 or fewer individuals qualify for a vacancy. This means that all candidates who possess the necessary KSAs are referred to the selecting official as the "best qualified" group. This method speeds the re-

cruitment process and affords more people opportunities to be considered.

You need to update your SF-171 or complete a new OF 612 (available in the Human Resources Office) to be ready for the next vacancy announcement. Reproduced or computer generated copies are perfectly acceptable, but please do not attach certificates of training, awards certificates, etc.

Questions regarding the new plan should be directed to Brenda Hamell, 331-8546, Patti Carr, 331-8548, or Ruth Townley, 331-8549.



The River

Rivers Project Office - *Our Vision*

★ To be a customer driven organization and to be receptive to society's needs and concerns.

★ To maintain the economic vitality of the river system. The Upper Mississippi River produces a net savings in excess of \$1 billion a year in the United States. Our goal is to reduce the amount of downtime on the inland waterway system to fuel economic growth in the region. Nearly 60 percent of all exported U.S. grain is shipped down the Mississippi and Illinois Waterways to world markets, providing food for growing world populations which supports our nation's commitment to NAFTA and GAT.

★ To forge innovative partnerships with our community, region, nation, and world which provide new opportunities to cooperate with others to promote service to our customers and operational efficiency.

★ To demonstrate leadership in our stewardship of public land, water and cultural resources that balances our commitment to navigational infrastructure in a manner that creates a model for sound "systems thinking" in recognition of local and regional projects' impact on the stability and security of the nation as a whole.

★ To make our locks and dams and public lands available as "living classrooms" used to inform and educate students about their role in the stewardship of these public resources, provide students with in-context hands-on learning opportunities that showcase real world applications of science and technology, assist educational institutions in their efforts to promote math and science literacy, and stimulate student interest in careers in Engineering and Science.

★ And lastly, to secure for future generations a healthy, working Mississippi River.

Riverlands is a place to learn

The Riverlands Interpretive and Education Program offers in-context programs and tours to educate the visitor on the importance of the Mississippi and Illinois Rivers. Through these programs, Riverlands attempts to instill in visitors a sense of the value and vulnerability of public lands and waters.

The Riverlands Area Office conducts a comprehensive interpretive service/public information program to enhance the public's understanding of the stewardship of public lands and waters. Many challenges we face as public land managers will be solved only through education. The Riverlands Area Office is collaborating with education to use public lands as a "living classroom" for students to learn about sustainability and stewardship of natural resources.

The Riverlands Environmental Demonstration Area provides out-

standing educational opportunities for the Riverlands service area. The staff at Riverlands has created interpretive and educational programming and curriculum to meet the requirements of both Missouri and Illinois core requirements for teachers and students. They are partnering with the St. Louis School Partnership Program to bring students from city and county settings together to learn the value that our environment provides us and the need for preservation for future generations.

Riverlands is also working closely with area colleges and universities to provide applied science and technology to the learning experiences at Riverlands. Many of the programs offered are designed to raise

student interest in math and science literacy. A three-week internship for high school students, "Careers In Science," is offered every summer at Riverlands in cooperation with local partners in the industry, museum, education and science fields. The Riverlands staff is also working closely with area school districts to develop core curriculum in the math and science fields that will assist teachers in providing hands-on learning opportunities within public lands.





Sustaining the Mississippi River

The Mississippi River drains three-fifths of the North American continent. It is among the world's great rivers and is one of the most complex ecosystems on the planet. It is a critical migration corridor to millions of birds, ranging from warblers to eagles. The river environment is home to an incredible array of fish, wildlife and plants. In turn, millions of people use and enjoy these diverse resources through a variety of recreational activities.

The Mississippi River lies at the heart of what is America. More than any other natural feature, the Mississippi is an unmistakable symbol of this nation. Its influence reaches from the Appalachians to the Rockies. It is not hard to understand why America's native people looked on the Mississippi as the spiritual center of the universe.

Throughout its history, the U.S. Army Corps of Engineers created public works projects that would help America grow and prosper; work that included water resource development on the Mississippi. The Corps' mission has always been a reflection of American society. In the 1930s, when the focus was on driving economic development, the prevailing wisdom was to build structures to harness the Mississippi. The 9-foot channel project was the result.

As a part of the channel project, the Corps of Engineers purchased thousands of acres of land and wetlands around the navigation pools. Today the Corps is the federal steward of some 12 million acres of land and water nationally. Although this land was purchased solely for operational purposes, society's growing concern for public lands challenged the Corps to use its engineering expertise to cre-

ate quality open space and provide stewardship to protect native habitats.

Awareness of the need to effectively manage and protect our nation's natural resources led to the passage of the National Environmental Policy Act in 1970, which committed Americans to live in harmony with nature. We realized the challenge was no longer to control the Mississippi. The challenge was to work within nature's limits to sustain the resources we needed. We could no longer deplete our resources without regard to the ecological consequences.

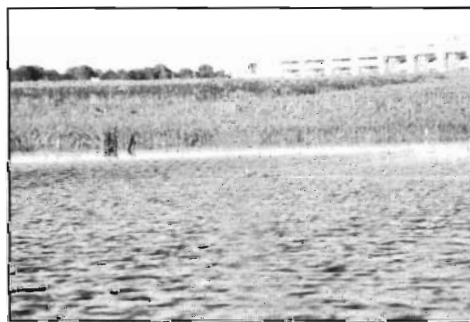
The vision of this act was to allow our present society to meet its needs without compromising the ability of future generations to do the same. It recognized the delicate balance of economic development and ecological preservation required to sustain our quality of life. This relationship is known as sustainable development... and its goal is system sustainability. Managing our ecosystems and resources toward sustainability is one of the greatest challenges we face as America heads into the 21st century.

The awareness of sustainability issues was heightened in 1986 by the Water Resource Development Act which proclaimed the Upper Mississippi River Basin as a nationally significant transportation corridor as well as a national environmental treasure.

To effectively manage its stewardship responsibilities, the Corps established a Riverlands Area Office in the St. Louis District. The Riverlands consists of 110,000 acres of public land and water along the Mississippi and Illinois Rivers from St. Louis north to Hannibal, Missouri. The Riverlands is an ex-

ample of the Corps' evolving commitment toward sustainable development.

Riverlands features an Environmental Demonstration Area on land near the Melvin Price Locks and Dam. This 1,200 acre prairie marsh restoration is an open space reserve for an abundance of fish, waterfowl and native marsh plants. Nature trails provide the public with a chance for a closer look at the natural landscape of bottomland prairie and wetlands within an urban environment.



The Environmental Demonstration Area adjacent to Mel Price L&D.

The Riverlands offers visitors the opportunity to view large numbers of resident and migratory waterfowl and shorebirds, as well as other wildlife that live in the wetlands. In addition, several observation areas provide the opportunity for a glimpse of a majestic bald eagle as they winter in the area. These birds and animals depend upon quality wetlands for their survival.

Another example of the Corps' efforts to sustain native plant communities is the American Bottoms wetland preservation project in which native vegetation is being restored to a portion of the Illinois floodplain of the Mississippi River along the Chain of Rocks Canal.

(Continued on next page)



The River

Sustaining (cont.)

As it has throughout its history, the Mississippi River will continue to be an integral part of our rich natural and cultural heritage as well as our economic development.

Projects like Riverlands demonstrate our collective resolve to balance economic vitality, recreation, cultural heritage and ecological diversity.

Today, the U.S. Army Corps of

Engineers continues a long heritage of partnership between man and river; balancing river commerce and environmental concerns, and accommodating the public's desire for more quality open space. At the Rivers Project Office, the Corps of Engineers is attempting to lead by example, helping each of us understand our link to the river.

Navigation channel maintenance

By Steve Dierker, CO-TO

The St. Louis District is responsible for maintenance of a 300 foot wide by 9 foot deep navigation channel with bend widening as needed. The District covers Mississippi River miles 0-300 (Cairo, IL to Saverton, MO), Illinois River miles 0-80 (Grafton, IL to LaGrange, IL) and Kaskaskia River miles 0-36.2 (mouth of the river to Fayetteville, IL).

The channels are maintained with regulating works, dredging and channel patrols.

The District Dredging Project Manager's position was recently formed under the CONOPS nationwide reorganization. This office is responsible for channel maintenance with emphasis on dredging and channel patrol. Dredging for channel maintenance is accomplished primarily with the government dustpan Dredge Potter and the contract cutterhead Dredge America.

Dredge Potter was built in 1932. She is 240'6" by 46'1" and 62'5" high. She is steam powered with a maximum dredging depth of 30 feet below the water surface. Dredges are commonly referred to by discharge pipeline size. The Potter is a 32" dredge. The crew of 58 is divided into three "watches" in order to accomplish seven days per week, 24 hour per day opera-

tions. She has a full galley and quarters for the crew which lives on board while dredging. Dustpans are high volume, low pressure dredges which are capable of rapidly opening channels in sand. Discharge pipeline lengths are limited to about 800 feet. A visit to the Potter is a real treat and District personnel are always welcome.

Dredge America was built in 1931. She is 135' by 34'. The dredge is diesel powered with a maximum dredging depth of about 50 feet. Her discharge diameter is 24 inches. Cutterheads are low volume, high pressure dredges. Cutterheads cannot open channels as rapidly as dustpans, but can pump material much further. Our contract requires 3000' of floating pipeline.

Channel patrols are performed by the MV Pathfinder. The primary function of the Pathfinder is to perform reconnaissance of the rivers in order to monitor channel conditions. Channel marker buoys are set under a Memorandum of Un-

derstanding with the Coast Guard. This capability allows us to cover shallow spots before they become problem areas, thus avoiding many channel problems before they occur. The Pathfinder is a towboat and in addition to channel patrol performs towing functions for the District.

Dredging is a teamwork effort requiring coordination with many agencies, including the EPA, U.S. Fish and Wildlife Service, Departments of Natural Resources and local interests. Spring and Fall inspection trips are made with all interested parties invited to attend. Permits are required from the Corps and Illinois and Missouri. After detailed surveys are obtained by Engineering with survey limits provided by the Pathfinder, dredge cuts are laid out. All dredge cuts are reviewed by CONOPS, Engineering and the regulatory agencies in order to minimize adverse effects to the environment and maximize beneficial uses of the material while minimizing costs and providing a good quality channel.

Successful Channel Maintenance could not be accomplished without the help of many District elements. Every division in the District is involved in this effort. We can all take pride in a job well done. Maintenance of a safe, dependable navigation channel is vital to the economic health of the country.



The Dredge Potter.



New Pathfinder here soon

Delivery of the new Patrolboat PATHFINDER is now scheduled for this month. The river trials were held the week of September 11 in Orange, Texas, at the Orange Shipyard facility.

The new vessel is 75 feet long x 30 feet wide x 8 feet deep and has a propulsion horsepower of 1,350 with Kort Nozzles. A Kort Nozzle is a sort of shroud enclosing the propellers (often referred to as "wheels") to focus the engine drive energy to increase thrust and increase efficiency.

The deckhouse accommodations include a galley, mess area and lounge on the Main Deck; crew's quarters on the Texas Deck; officers' quarters on the A Deck; and pilothouse.

The new vessel will be used for channel patrol work with the buoy barge, towing of fuel to the Dredge POTTER, towing of the Derrickboat SEWELL and towing of the spare miter gate barges.

The present vessel was constructed in 1954 by Dubuque Boat and Boiler Company at a cost of \$154,000. Over the years many changes were made to the deckhouse and a Texas Deck and new Pilothouse were added in 1984. The propulsion engines were replaced in 1975 with Caterpillar Diesels which are now obsolete. The hull was replated in 1981 and cracks are already developing.

With the vessel achieving its full economic life of 40 years, the decision was made to request a replacement boat rather than continue to replace equipment and replate the hull on the old boat.

A christening ceremony has been scheduled for November 8, 1995 at the Arch.

Rediscover the river

"The face of the water, in time became a wonderful book.. a book that was a dead language to the uneducated passenger, but which told its mind to me without reserve, delivering its most cherished secrets as clearly as if it uttered them with a voice. And it was not a book to be read once and thrown aside, for it had a new story to tell every day."

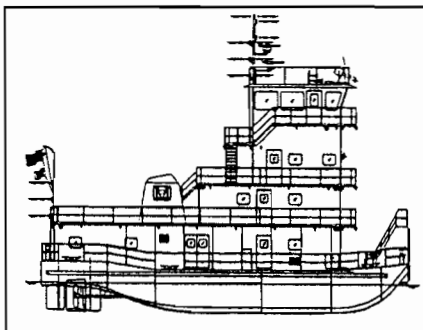
Mark Twain

Life on the Mississippi

Since the beginning of time, rivers have shaped and changed our planet.. and been at the very heart of human development. They nourished cultures, defined kingdoms and nations, guided explorers into new lands, and reflected our dreams. Rivers are our history.

The first American settlers established their communities along rivers. As pioneers moved inland, the United States became more than a coastal nation. Mills were established where the rivers provided power. Canals were dug to reach places rivers did not go.

At the heart of America's growth and development was the Mississippi River... the center of an ecosystem that connects and sustains nearly half a continent. The Mississippi carried the people and products that allowed the heartland to prosper and served as a springboard for westward expansion.



Sketch of the new Pathfinder

And the river supported more than economic growth. It supplied inspiration for the poet and writer, artist and, later, photographer. It was a water highway not only for people and their commerce, but for spreading their ideas and culture.

The Mississippi was not an easy passage from colonial times through the era of great paddle wheelers and even into the early 20th century. Traveling the Mississippi River often meant a perilous journey through rocks, rapids and snags. In addition, periodic floods threatened development along the river.

The effort to control the Mississippi started first with boats removing snags, then with building wing dams and dikes to guide the river's flow. It culminated in the 1930s with a massive project to create a dependable avenue for moving goods into and out of the heartland.

Congress authorized the U.S. Army Corps of Engineers to create a 9-foot minimum navigation channel to keep commerce flowing on this vital inland water highway. A series of 29 locks and dams were built on the Upper Mississippi between Minneapolis and St. Louis. The project was successful in economic terms... it put people to work during the depression. The system allowed more efficient barge traffic and the river flourished as a transportation highway.

The economic importance of the Mississippi River is well documented. The inland and coastal barge towing industry, of which the Mississippi River System is a large part, moves 15 percent of America's total freight, more than 40 percent of America's petroleum and petroleum products and 57 percent of U.S. export grain.



The River

A guide for enjoying area waterways *Without getting your feet wet*

By Kathy Love, Editor, Missouri Conservationist

Samuel Clemens, a.k.a. Mark Twain, learned to hear the river's voice from the deck of a riverboat. Most of us will never read the Mississippi like a book or hear its voice like Clemens, but the proximity of St. Louis to major riverways means we can get to know their majesty without even getting wet.

St. Louisans see the Mississippi, Missouri, Illinois and Meramec Rivers from highway mega-bridges. A safer and more leisurely way to learn the rivers' secrets is from viewing areas, highway over-looks, trails - even ferries. From the dwarfing sweep of the big rivers to the relative intimacy of the Meramec, land-based observers can listen to the language of the river.

The locks and dams off Highway 79 north of St. Louis were built to ensure reliable passage for barges; viewing platforms for pedestrians are a side benefit. Lock and Dam No. 25 near Winfield, Missouri, gives one of the best views of the river and its traffic as water levels are raised and lowered in the lock to accomodate barges. River recreationists use the large pools created by the locks and dams for fishing, boating and waterskiing, but there are more pastoral sights, too.

If barges and boats don't inspire you, look for ducks like mallards or hooded mergansers and thousands of gulls. Some say one-third of the world's gull species can be seen along this stretch of the Mississippi.

Continuing north on Highway

79 leads to the town of Clarksville, Missouri, noted for its eagle viewing opportunities in winter. More than 100 eagles can often be seen in one area during the coldest weather as they feed on fish downstream from Lock and Dam No. 24. St. Louisans flock to Clarksville during its annual Eagle Days in January.

Wildlife viewing and river viewing are synonymous at the Riverlands Environmental Demonstration Area, north of St. Louis County. (Cross over the Missouri River on Highway 67. Signs will point the way about one-fourth mile before the bridge to Alton.) The Environmental Demonstration Area is 1,200 acres of former farmland where prairie rubs shoulders with wetlands, attracting deer, beavers, muskrats, foxes, coyotes... and a wealth of waterfowl. Although the prairie was hard hit by the '93 flood, it is being replanted and affords visitors a unique opportunity to observe its rebirth - or even witness a Spring prairie burn. Nature trails, an access road and viewing areas let people get close-up looks at the river and its teeming habitat. The flood destroyed boardwalks, which are being replaced by volunteers, but also caused a boom in the bird populations.

The Environmental Demonstration Area was created as an ecological bonus resulting from the construction of the billion dollar Melvin Price Locks and Dam. Look one way from the area and you see the massive concrete structure of the locks and dam; look the other way and you see marsh grasses and wetlands to the horizon - a glimpse of the river as it ap-

peared before the heavy hand of man dammed, dug and straightened it.

Highway 367 (67 north of Lindbergh) heading northeast is your avenue to a bygone view of a major river. At Alton, Illinois, take Highway 100 16 miles north to Grafton. (Highway 100 closely follows the Mississippi and Illinois Rivers. Signs identify the route as the Great River Road.) North of Grafton, the Brussels Ferry crosses the Illinois river near its confluence with the Mississippi.

For more sightseeing on the Illinois side, check out the Mark Twain National Wildlife Refuge - Gilbert Lake Division, immediately north of the Brussels Ferry, and Pere Marquette State Park, further north on Highway 100. High on the bluffs, nature trails and a four mile road through Pere Marquette offer scenic views of the Illinois River Valley.

Rivers shaped the destiny of St. Louis. The city used them for fur trade and transportation, and planted their rich bottomlands with vegetables and grain. Early settlers took wildlife from their banks for fur and food and caught mammoth fish from their waters. And as much as humans have altered and arranged the rivers to suit our own endeavors, there are still places where the essential river remains - where it yields up its cherished secrets to those who listen to its language.

Editor's Note: This article is a modified version of an article by Kathy Love, the editor of the Missouri Conservationist, a free publication of the Missouri Department of Conservation.



Softball tourney

Congrats to Harry and Brenda Hamell's Women's Team for bringing home the championship trophy for the 2nd straight year. They had to battle back after losing a close one on Saturday. They played four straight games in the heat on Sunday, but rose to the occasion with two consecutive victories over ACBL. Way to go gals!

The seniors finished 8th after losing close games to last year's defending champs, Port of St. Louis, and a close game to the Coast Guard. Congrats guys on a great effort!

The Riverrats played a good tourney. They won two games on Saturday, including beating the Coast Guard. After losing late Saturday, they rebounded to win early on Sunday before losing to MFA, Inc. 18-11. Best news is that the RATS finished 7th overall and received a nice trophy.

Special congrats to Jon Schulte of Carlyle Lake for being nominated to the All-Tourney Team. Jon batted .733 for the tourney and is patrolling of left-center field was spectacular, including several diving catches.

For the majority of you who missed it, well, there's always next year. This tourney will NOT go away and the Corps of Engineers WILL continue to field excellent softball teams.

Congrats to all the players on all the teams. You played hard and you represented the Corps in fine fashion. We should all be proud of you.

K-Mac or Mac-Rat (Keith McMullen, coach - Riverrats)

Quote of the month

I like to instruct people. It is noble to teach oneself. It is still nobler to teach others, and less trouble.

Mark Twain

The E-Team

The 1995 Olympic Marine Company Invitational Softball Tournament was held the weekend of August 25-27. The tournament, now in its 15th year, is supported by companies and individuals related to the river and agricultural industries.

The Corps of Engineers women (The E-Team), for the second year in a row, brought home the 1st place trophy for the 1995 Women's Division competition (trophy presently in the custody of Mrs. Brenda Hamell (HR)). The E-Team ("E" is for Equalizers), after a total of 40 innings of play in the two-day event, captured the championship by scoring 61 runs, allowing only 41 runs and finishing with a record of six wins and one loss. The E-Team played three games on Saturday, 8/26, and four games (two double-headers back to back) on Sunday, 8/27.

The E-Team's performance was exquisite, as was their enthusiasm and endurance. Although exhausted, this elated ensemble of women athletes emerged victorious at the end.

Congrats and Essayons to the E-Team!

Harry Hamell, coach

—Earth Notes—

Recycle update

What do Americans recycle the most? Government figures show aluminum is first with a 35 percent recycle rate. Paper products at 34 percent are a close second, followed by iron and steel, 26 percent, wood at 10 percent and plastics at 4 percent.

FEHB & TSP open season

The Federal Employee Health Benefits (FEHB) open season is from November 13 to December 11, 1995. During this period, employees not enrolled will have the opportunity to enroll. Those currently enrolled may change their enrollments.

This does not apply to stay-in-school employees or to temporary employees with less than one year of continuous service. They are not eligible for health benefits.

The Thrift Savings Plan (TSP) open season runs from November 15, 1995 to January 31, 1996. During the open season, you may change the way future payroll contributions are invested in the three TSP funds. In addition, those of you hired between January 1, 1995, and June 30, 1995, will have the opportunity to invest contributions into the TSP accounts.

For more information, contact Beverly Jefferson, Thrift Savings Plan/Health Benefits Coordinator, at 314-331-8551.

Meat tenderizer

If you put a papaya leaf or two in a pot in which you are boiling meat, the meat will become very tender within minutes. The secret is papain, an enzyme with the ability to tenderize meat. When Christopher Columbus arrived in the West Indies, he wrote in his journal about papaya, called "the fruit of angels," and its uses. In Hawaii, explorers saw natives put meat into lava flows to cook with a few papaya leaves, and it was used as a tenderizer in China in the 1600s. Papain, the ingredient that tenderizes meat, is also found in some commercial meat tenderizers.



Breaking the attitude barrier

by Lawrence Williams, Disability Program Manager and Brenda Hamell, Disabilities Coordinator

Many people have myths, fears and stereotypes about people with disabilities. These reactions usually stem from a lack of information, exposure and training. They add up to an unconscious "attitude barrier" that is often the biggest obstacle faced by job seekers with disabilities.

Myths are roadblocks that interfere with the ability of persons with disabilities to have equality in employment. These roadblocks usually result from a lack of experience and interaction with persons with disabilities. This lack of familiarity has nourished negative attitudes concerning employment of persons with disabilities. Listed below are some common myths and the facts that tell the real story:

MYTH: Hiring employees with disabilities increases workers compensation insurance rates.

FACT: Insurance rates are based solely on the relative hazards of the operation and the organization's accident experience, not on whether workers have disabilities.

MYTH: Employees with disabilities have a higher absentee rate than employees without disabilities.

FACT: Studies by firms, such as DuPont, show that employees with disabilities are not absent any more than employees without disabilities.

MYTH: Persons with disabilities need to be protected from failing.

FACT: Persons with disabilities have a right to participate in the full range of human experiences -

including success and failure. Employers should have the same expectations of, and work requirements for, all employees.

MYTH: Persons with disabilities have problems getting to work.

FACT: Persons with disabilities are capable of supplying their own transportation by choosing to walk, use a car pool, drive, take public transportation, or a cab. Their modes of transportation to work are as varied as those of other employees.

MYTH: Considerable expense is necessary to accommodate workers with disabilities.

FACT: Most workers with disabilities require no special accommodations and the cost for those who do is minimal or much lower than many employers believe.

Many people are uncomfortable at the thought of interacting with people with disabilities, perhaps because it's a new experience or because they feel they don't know the right etiquette. "If you have the right to react - which you do - then you have an obligation to understand the implications of that reaction, and not allow that reaction to play a pivotal role in any hiring, management or supervision decision.

Make reference to the person first, then the disability. Say "a person with a disability" rather than "a disabled person."

If the disability isn't germane to the story or conversation, don't mention it.

A person is not a condition, so avoid describing a person in such a manner. Don't present someone as an "epileptic" or "a post polio." Say instead, "a person with epilepsy" or "person who has had polio."

Relax, don't be embarrassed if

you use common expressions such as, "See ya later" or "Gotta run," that seem to relate to a person's disability.

Share the same social courtesies with people with disabilities that you would share with anyone else. If you shake hands with people you meet, offer your hand to everyone you meet, whether or not they are disabled. If the person with a disability is unable to shake your hand, he or she will tell you.

The term "handicapped" is derived from the image of a person standing on the corner with a cap in hand, begging for money. People with disabilities do not want to be recipients of charity. They want to participate equally with the rest of the community. A disability is a functional limitation that interferes with a person's ability to walk, hear, talk, learn, etc. It is inappropriate to use the word "handicapped."

As attitudes change, career opportunities will improve for people with disabilities. The Americans with Disabilities Act (ADA) gives civil rights protections to people with disabilities that are like those provided to individuals on the basis of race, national origin, sex and religion.

The ADA guarantees equal opportunity for individuals with disabilities in employment, public accommodations, state and local government services and telecommunications.

October is designated Employees with Disabilities Month. The District will observe Employees with Disabilities on Wednesday, October 25, from 10:00 to 11:00 a.m. in the Second Floor Auditorium. Let's break the attitude barrier.



George Washington and Missouri

The Ste. Genevieve connection

by Terry Norris, PD-A

When most people think about the colonial history of the United States, the geographic setting for such thoughts is usually the eastern seaboard. Few people realize that the western-most struggles for our nation's independence occurred right here on the doorstep of the District Office in the Central Mississippi River Valley.

At the time of the American Revolution, the Central Mississippi River Valley was known as the Illinois Country and contained a relatively large population of colonists, primarily of French-Canadian descent. The majority of these people lived in seven villages located near the banks of the Mississippi River.

The youngest of these settlements was Ste. Genevieve, founded around 1752. Ste. Genevieve was the only one of these settlements established on the west side of the Mississippi River during the French Regime. St. Louis, also situated on the west bank of the Mississippi River, was established in 1764 at a time when that area was technically under Spanish rule.

In early July 1778, American forces under the command of George Rogers Clark wrested the Illinois Country French villages from British domination and control. This action was the westernmost campaign of the Revolutionary War and secured the Middle Mississippi River Valley for the American cause.

After the Revolution, the victorious Americans quickly recognized the economic potential of the Illinois Country. During the last

decades of the eighteenth century, the villages situated on the Mississippi River floodplain, between the Missouri and Ohio Rivers, experienced a rapid population increase and economic expansion.

Today, the St. Louis District's ongoing Ste. Genevieve Flood Protection Project represents an effort to preserve the last vestiges of the unique architectural legacy of these colonial villages.

During the recent investigations related to the Ste. Genevieve Flood



Protection Project, St. Louis District personnel had the opportunity to identify an object closely associated with one of this nation's most popular historical figures. Late in 1991, an individual contacted the St. Louis District to inquire about the possible identification of a coin-shaped object that he had found south of the community of Ste. Genevieve, Missouri, on a colonial period archaeological site. After a brief telephone conversation, the caller mailed the object to the District.

Initial inspection of the artifact confirmed the caller's belief that the

object was a button of some type (Plate 1). The froglegged image of the eagle present on the button's face strongly suggested that the button was made prior to 1800. However, detailed interpretation of several additional words or letters on the button's badly worn face was not as readily apparent. Suspecting that the object may have been of historical significance, several detailed photographs were made of the object's surface. These were sent to Messrs. Robert Holden and Richard Day at the George Rogers Clark National Historic Park, Vincennes, Indiana.

Several weeks went by before we received their reply. The results of their efforts were beyond any of our expectations. Their interpretation of the inscription surrounding the eagle was astounding.

March 4, 1789, was the day the Continental Congress originally designated as Inauguration Day. This was the first official day in office for our fledgling country's first President and this button is believed to have been struck and used during activities associated with that important event. Just how such an artifact found its way to the Mississippi River floodplain half a continent away from New York City, site of the Inauguration, will probably never be known. However, the presence of such a historically significant object in the heart of the nation is mute testimony to the fact that, contrary to popular belief, the events that shaped our young nation's history so long ago were certainly not confined to the eastern seaboard.



To your health

New mid-life crisis: sore muscles

Getting into the spirit of basketball season with some vigorous one-on-one with neighborhood teenagers? Or is it a new handball season and the urge to beat last year's pals that is drawing you into... muscle strains, aches and pains.

Dogged amateur sportsters are flocking to their orthopedists' offices. Especially vulnerable is the not-as-young-as-they-used-to-be-set. That could include everyone over 30, both men and women.

According to the founder of Cooper Aerobics Center in Dallas,



exceeding skill or endurance levels leads to injury. It's the fatigued athlete who gets hurt, especially if he or she smokes.

The American Running and Fitness Society advises working on

flexibility and form in a relaxed setting before getting into competition, whether it's a backyard hoop game, intense swimming, or handball competition. And beware of accident triggers like worn shoes that could cause a turned ankle, or unlevel playing surfaces on outdoor play areas. Stepping off the driveway basketball court has put many a player on crutches.

The American Orthopedic Society recommends "periodicity" and cross-training before getting into any serious game. That means programmed rests, and alternating sports with walking and weight training.

After an injury, wait until you are pain-free, then resume playing a little at a time.

Don't forget those flu shots

The fall weather is fine, and right now it's a little difficult to believe that the cold weather will soon be with us.

Even now, however, we are entering that infamous period of the year known as the flu season. It begins on October 15 and lasts

until January 15 or longer.

If you don't want to get sick, sign up for flu shots as soon as possible. If you don't want to leave your job for another person to "handle," get your flu shots now. And especially if you hate to hurt, do it now.

Further, studies at Harvard show that older people who often ate tomatoes were only half as likely to die from any type of cancer.

'Yes' to tomatoes

A tomato a day keeps the doctor away? Scientists in Italy say people who ate seven or more servings of raw tomatoes every week had 60 percent less chance of developing colon, rectal and stomach cancer than people who ate only two servings or less, according to the *International Journal of Cancer*. Tomatoes were linked to less risk of cancer than eating other fruits or green vegetables.

Fat-free hot dogs taste good

A study reported in the *Tufts Diet and Nutrition Letter* shows that reduced-fat and fat-free hot dogs rate reasonably tasty as an alternative to regular wieners. When fat is left out, some of the juicy texture is lost, but the official tasters agreed that after adding all the trimmings

Walking in spurts

Very busy people who don't have time to go walking, or are too out of shape to take long walks, should consider walking for short periods of time throughout the day. Experts quoted in *Prevention* say you could walk for 10 minutes in the morning, 10 minutes at lunch and 10 minutes after dinner instead of taking one 30-minute walk. Calories burned by the end of the day are what matters, not how fast you walk. Walking in spurts gives your body a metabolic boost every time you do it.

to a wiener on a bun, few people could tell the difference. The difference in fat content, however, is significant. Regular dogs run from 13 to 22 grams of fat, depending on size. Reduced-fat dogs have about 1 to 5 grams.



Retiree Review

by the Retiree Correspondent

On September 21, twenty four retirees convened for our monthly luncheon.

We were happy to greet Dave Comfort and his lovin' wife, Mae. Has been a long time since they've attended. Dave's the same old Dave. Come back often. John Jansen was back after a few month's absence. He reported his wife is very slowly improving. Howard Neu is also in the nursing home. Doing okay.

No "birthdays" were present. Happy birthday to all you September "Babies" anyway.

Dave comfort was the longest retired - June 1972. Congratulations Dave.

Happy anniversary is sent to Lew and Helen Scheuermann on their 48th wedding anniversary. Long time to put up with Lew, Helen. Only kidding. You're a great couple. Many more.

Pete Puricelli was a little "puny" last month. I called him and he had just returned from the dentist. You should have heard him say, "My jaw is anesthetized."

Jim and Celeste Baker were absent. Seems Jim has been puny since the golf tournament in Vicksburg. His back is very painful. Better get a good massage therapist, Jim. They really help. Mineral ice is good too. I've tried both.

At our October meeting we will vote on changing our meeting date from the third Thursday to the second Thursday. Same place, same time. There will be no conflict with the restaurant. Come out next month and vote on this proposed change. If passed, the change would be effective with the January meeting.

We will discuss our Christmas (December) meeting at our October meeting. Pete appointed Marie Puricelli and Kate Stiles to select the menu. We're assuming it will be, as usual, a buffet luncheon in our room. We have to be thinking of table decorations. Any volunteers?

We have been thinking of a trip to Mel Price Locks and Dam. The District cannot furnish a bus for us. Pete contacted buses and could have one for \$125. We have some money in our Pot-O-Gold kitty. We proposed to use that money and, thereby, the cost of the bus ride would be probably \$3 each. An alternative is each get there on their own. Elmer vetoed the bus, so we are to each get there after the luncheon on our own. I am not allowed to drive that far, so I'll have to "mooch" a ride. By the way, we'll eat at 11:00 so we can get our meeting over and be at the locks about 1 p.m.

Don Wampler, Pete Puricelli and George Clapp were our story tellers of the day.

Dave Comfort, John Jansen and Kate Stiles were the winners of our Pot-O-Gold.

Condolences are extended to the families of Mary Lou Howell (Mrs. Carroll S.) and Frances (Fran) Hessler (Mrs. Ollie) who passed away last month. They were both lovely ladies and good friends of mine.

Kate had tried to call Bill Haynes, but no answer. Guess he was visiting his wife or sister in the nursing home. We miss Bill at our meetings. I presume he's still carving his "little critters." They're so cute.

Don't forget to plan to be at our next luncheon a little earlier. Will eat at 11 a.m.. The date is Oct 19. Plan to be there and remember we have to drive our own car or car pool to the Locks. I hope we have a good crowd for this and nice weather. See you by 11 on October 19 at the Salad Bowl.

The Caulley cycles

by Suzi Reinkemeyer, PM-M

Sharlene Caulley got her first motorcycle right out of high school. It was a Bridgeton 80 - a tiny one.

When Shar and her husband got married they decided they wanted to keep up with motorcycle riding. Two years ago they bought a 1976 Gold Wing Honda. Her husband and his friend completely restored it.

Recently, at a motorcycle shop, they saw another Gold Wing Honda and decided to buy it. It is a 1982 1100cc and has a lot more features, including arm rests, a larger trunk with luggage rack and two saddlebags. It also has a radio, CB and they have helmet-to-helmet communications. It's Wineberry color with pin striping.

Shar and her husband have taken many day and weekend trips. Her husband drives, she rides on the

back. They took a trip to Ste. Genevieve one weekend and, last fall, drove up Route 79 near Winfield, Missouri, to look at the changing fall colors.

They belong to the Bethalto Group of the Christian Motorcyclist Association and have taken a couple of trips with the group of about 25 to 30 members. One trip was to the Lake of the Ozarks, another to Tulsa, Oklahoma, and another to the Kenneth Copeland ministry headquarters in Fort Worth, Texas, for an annual cycle rally.

Shar says they've run into rainy weather on a couple of these long trips and either have to pull aside and "wait it out" or, if it's not too bad, get out their rain gear and keep moving.

Shar and her husband Pat live near Affton, Missouri. Shar works in the Real Estate Division.

Your CAC is sponsoring the St. Louis District



Christmas Dinner Dance!

Friday December 1st, 7:00 - 11:30 p.m.

**Attendance
Prizes**

Boilermakers Hall
1547 S. Broadway
(across the street from Soulard market)

**Attendance
Prizes**

- ★ Catering provided by: *Hendri's Party House, Inc.*
- ★ Buffet Dinner items will include: Pork loin in a caraway sauce, breast of turkey in white sauce, a vegetable dish, new potatoes, Paglia e fieno fettucine, dinner salad, rolls & butter, coffee and dessert.
- ★ An open bar will be available.
- ★ Music for the evening will be provided by: *Southland Band*

Tickets are \$15 each and available
November 1 thru November 22nd.



Contact the following CAC members for tickets:

Donna Zoeller	331-8368	Jesse Sanders	331-8260
Beth Brown	331-8742	Ida Morris	331-8731
Ed Rüff	331-8215	Mary Ann Dostal	331-8557